

Comparisons of Job Characteristics

Focus Occupation: [Massage Therapists \(31-9011\)](#)

Associated Occupation: [Fitness Trainers and Aerobics Instructors \(39-9031\)](#)

[Compare Knowledge](#)

[Compare Skills](#)

[Compare Abilities](#)

[Compare Detailed Work Activities](#)

[Compare Tools and Technologies](#)

<<	Focus occupation element is much lower
<	Focus occupation element is lower
0	Focus occupation element is at a similar level
>	Focus occupation element is at a higher level
>>	Focus occupation element is at a much higher level

Knowledge

Similarity of Focus Occupation to Associated Occupation: 76

Focus Occupation: Massage Therapists (31-9011)

Associated Occupation: Fitness Trainers and Aerobics Instructors (39-9031)

Associated Occupation's Key Knowledge Elements	Average Rating, All Occupations	Associated Occupation's Rating	Focus Occupation's Rating	Evaluation of Focus Occupation
Customer and Personal Service	11.3	16.8	10.2	<< Extensive education and/or training may be required
Education and Training	9.2	16.3	6.6	<< Extensive education and/or training may be required
Psychology	6.4	10.6	10.0	0 Current knowledge level may be sufficient
Sociology and Anthropology	4.1	6.6	4.8	<< Extensive education and/or training may be required

The maximum possible rating is 25.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O*NET (Occupation Information Network) data.

Skills

Similarity of Focus Occupation to Associated Occupation: 81

Focus Occupation: Massage Therapists (31-9011)

Associated Occupation: Fitness Trainers and Aerobics Instructors (39-9031)

Associated Occupation's Key Skills Elements	Average Rating, All Occupations	Associated Occupation's Rating	Focus Occupation's Rating	Evaluation of Focus Occupation
Instructing	7.8	13.1	6.0	<< Extensive development of skills in this area may be required
Service Orientation	7.9	11.5	10.0	< A higher skill level may be required
Learning Strategies	7.2	11.0	6.9	<< Extensive development of skills in this area may be required
Social Perceptiveness	9.1	10.7	9.7	< A higher skill level may be required

The maximum possible rating is 25.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O*NET (Occupation Information Network) data.

Abilities

Similarity of Focus Occupation to Associated Occupation: 73

Focus Occupation: Massage Therapists (31-9011)

Associated Occupation: Fitness Trainers and Aerobics Instructors (39-9031)

Associated Occupation's Key Abilities Elements	Average Rating, All Occupations	Associated Occupation's Rating	Focus Occupation's Rating	Evaluation of Focus Occupation	
Trunk Strength	5.7	14.1	11.1	<<	Extensive improvement in abilities may be required
Stamina	4.0	13.8	8.4	<<	Extensive improvement in abilities may be required
Gross Body Coordination	3.9	13.2	4.7	<<	Extensive improvement in abilities may be required
Extent Flexibility	4.8	12.3	7.0	<<	Extensive improvement in abilities may be required
Dynamic Strength	3.5	12.2	11.0	<	Some improvement in abilities may be required
Gross Body Equilibrium	3.2	8.2	3.7	<<	Extensive improvement in abilities may be required
Dynamic Flexibility	1.2	7.5	1.7	<<	Extensive improvement in abilities may be required

The maximum possible rating is 25.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O*NET (Occupation Information Network) data.

Activities that Both Occupations Have in Common

Similarity of Focus Occupation to Associated Occupation: 81

Focus Occupation: Massage Therapists (31-9011)

Associated Occupation: Fitness Trainers and Aerobics Instructors (39-9031)

Work Activities	Exclusivity of Activity
Use massage therapy procedures	81

Not all positions in these occupations will necessarily perform all of the listed activities. The exclusivity rating is an indication of how unique the activity is amongst all occupations. The maximum rating is 100. High scores indicate that only a small number of occupations engage in that activity.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O*NET (Occupation Information Network) data.

Tools and Technologies that Both Occupations Have in Common

Similarity of Focus Occupation to Associated Occupation: 54

Focus Occupation: Massage Therapists (31-9011)

Associated Occupation: Fitness Trainers and Aerobics Instructors (39-9031)

Tools and Technologies	Exclusivity
Computers	1
Content authoring and editing software	1
Industry specific software	1
Rehabilitation exercise devices and equipment	24

Not all positions in these occupations will necessarily use all of the listed tools and technologies. The exclusivity rating is an indication of how unique the tool or technology is amongst all occupations. The maximum rating is 100. High scores indicate that only a small number of occupations use that tool or technology.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O*NET (Occupation Information Network) data.